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NEWS
WORTH
SHARING.KEEPING CALM
IN 'THE AGE
OF INSTANT'FEW THINGS ARE CERTAIN
WHEN REPORTING ON
BREAKING NEWS: COLUMNIST
STEPHEN KIMBER **PAGE 11**These kitties
have some biteFelines and their owners
have some Halloween-
themed fun at annual
cat show **PAGE 6**Rise of the
1,000-pound
jack-o'-lanternPumpkin going on display at
local apartment **PAGE 7**Discover
Great
Radio

GHOMESHI TURFED

Radio host Jian Ghomeshi alleges he was fired by the CBC "because of the risk of (his) private sex life being made public as a result of a campaign of false allegations." He made the claim in a Facebook post Sunday after the CBC announced it was parting ways with him. Story, page 9. CBC HANDOUT/THE CANADIAN PRESS

Weekend shootings
not random: Cops**Crime.** Investigators
want to speak with
only known victimRUTH
DAVENPORT
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Halifax police say it's believed two weekend shootings likely involved people who are known to one another — and to police — though it's too soon to know if the incidents are related.

"We're going to examine that possibility and it may prove that they are, but we don't want to conclude that they're linked at this point until we process all the evidence and speak to at least the victim in the first shooting," said Sgt. Greg Robertson Sunday.

A 19-year-old man was hospitalized after being shot in the back while sitting in a car on Dutch Vil-

Car searchesPolice say both cars located
will be searched Monday by
investigators.

lage Road near Frederick Road in Fairview just before 1 a.m. Saturday.

Robertson said investigators haven't been able to interview him yet because of his injuries, described as serious but non-life-threatening.

Police also responded to reports of gunfire at Cresthaven and Castlehill Drive around 8:20 a.m. Saturday. Witnesses reported hearing shots in the residential neighbourhood and then seeing a car leaving the area.

No one was hurt, and responding officers found several shell casings on the street.

Just before noon Saturday, a call from the public led investigators to a car

that was likely involved in the second shooting.

"It was unoccupied and had obvious damage to it consistent with gunfire," said Robertson. "We'll be speaking with the owner of that vehicle ... and hopefully soon we'll identify suspects."

Officers also found the car that the first victim was sitting in abandoned on Purcells Cove Road.

Although the motive isn't clear yet, Robertson said neither shooting is considered random.

"It's criminal behaviour by people ... that are choosing that life of gun violence and very risky behaviour that unfortunately, in both incidents, potentially jeopardized the public safety, being in residential areas," Robertson said. "That's very concerning to police."

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Public meeting

Development proposals for Middle Sackville

Sackville residents can hear details — and offer their feedback — on two development proposals for the Middle Sackville area Monday night.

Armco Developments is seeking a development agreement for a 270-unit mixed residential development on the Berry Hills 8 lands off Wilson Lake Drive.

It would include three 29-unit apartment buildings, 36 townhouses, 62 semi-detached homes and 85 single-family homes.

Armco is also asking that its 14-acre property off Hamilton Drive and Rosemary Drive be rezoned from rural residential to comprehensive development district to allow another mixed residential development with 57 single-family homes and 40 semi-detached homes.

The public information meeting is at 7 p.m. at Sackville Heights Community Centre. **METRO**

Ships plugging in

Shore power a go

Cruise ships that dock in Halifax can now shut down their auxiliary engines and still have power while in port.

A release from the Halifax Port Authority issued Sunday states the “shore power system,” which allows ships to connect to the local electrical grid, is now complete.

The \$10-million project is the second such installation for cruise ships in Canada. **METRO**



A local company says it has developed a safe method for recycling light bulbs, which would keep them out of HRM landfills like the Otter Lake facility. JEFF HARPER/METRO FILE

Coun. Dalrymple's got a light bulb idea

Greening HRM.
Councillor to table request that city look into recycling bulbs



RUTH DAVENPORT
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One regional councillor wants the city to take a serious look at getting light bulbs out of local landfills, starting with the diversion of bulbs in HRM-owned facilities.

Coun. Barry Dalrymple will table a request Tuesday for a staff report into the logistics

of recycling light bulbs rather than throwing them out, as is currently the practice.

“It’s a good solid idea and of course we would dearly love to not have these going into the landfills,” he said Sunday.

Dalrymple, chair of the city’s environment and sustainability standing committee (ESSC), said a local company has presented to the committee about light bulb recycling twice in the last three years, saying most recently it has a process to safely recycle the phosphorus powder, which contains mercury, on-site.

Though Dalrymple wouldn’t name the company, the ESSC minutes show Dan-

X Recycling, based in Dartmouth, presented to the committee in October 2012 and again in May 2014.

The company’s written presentation notes from October 2012 suggest glass from the bulbs is sent to another light bulb manufacturer for re-use. Metal is sent to a local metal recycler, and the phosphorus powder is shipped to an American facility, where the mercury is extracted and re-used in new light bulbs.

Dalrymple said city representatives have been in conversation with the company about its recycling and have confirmed its technology and methods are sound — the only

By the numbers

20,000

The amount of water in litres that can be polluted by the mercury in a single traditional fluorescent tube, according to a Dan-X presentation in 2012.

outstanding complication is the physical transportation of the light bulbs from point A to point B.

“There’s obviously issues with collection — especially the long four-footers, six-footers — how do you collect them without breaking them and that kind of stuff,” he said.

1 NEWS

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History of steampunk on display

Beyond the costume.
Halifax museum opens new exhibit

STEPHANIE
TAYLOR

halifax@metronews.ca

When Marina Smith first arrived in Halifax from Toronto nearly six years ago, she said no one had even heard of the term steampunk.

Now, standing in a new exhibit of steampunk costumes, jewelry, books and other props at the Museum of Natural History, she is speechless.

"I'm beyond thrilled," the founder of local steampunk organization The Jules Verne Phantastical Society said during Sunday's grand opening.

To most, the sub-culture of steampunk is best recognized by its fans who dress up in goggles, top hats, and other neo-Victorian and Industrial Revolution-inspired costumes.



Curtis Lawrence, decked out in steampunk attire, checks out a new steampunk exhibit at the Maritime Museum of Natural History on Sunday. JEFF HARPER/METRO

But playing dress-up is only one part what is means to be a steampunk, according to society member Andrew Aulenback, who donned an 19th-century engineer's garb during Sunday's event.

"We play with stories," he

said of the steampunk culture.

Aulenback said the exhibit will allow people the chance to see the social history behind steampunk, from its origin as a literary sub-genre of science fiction

inspired by the Industrial Revolution, to how it has been re-invented by modern-day fans.

He said the entire collection of books and other steampunk objects in the show were donated by vari-

ous "local geeks."

His wife Wanda, who sported a set of pantaloons and not one, but two corsets at the event, displayed two of her own hand-sewn gowns in the show and said the exhibit hit a major mile-

Museum of Natural History

Steampunk: Science Fictions of Futures Past is on display at the Museum of Natural History through to mid-January.

stone in her life.

"You're looking at talent from all of our members here at the exhibit, which makes me so proud of Halifax," Smith said.

Jeff Gray, curator of marketing and communications at the museum, said the show aims to bring people through the door who maybe wouldn't visit the museum.

"It was a chance to step away from what we normally do," he said Sunday.

Likewise, Aulenback anticipates many visitors will have an "Aha!" moment and realize they're bigger fans of steampunk than they thought.

"And maybe they'll even come and play with us," he added.



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Victim of bullying speaks at vigil about her ongoing challenges

Generation Change.

Toni Nicholas struggling with anorexia, low self-esteem

BRAEDON CLARK
halifax@metronews.ca

Toni Nicholas was barely a teenager when she tried to kill herself by swallowing 80 Tylenol pills, the victim of endless bullying at school.

On Saturday, the tiny 16-year-old hosted the third annual Generation Change candlelight vigil to recognize victims of abuse and bullying. Even though she is now an anti-bullying advocate who has founded her own organization, Nicholas acknowledged she still has her dark moments.

"Sometimes I look in the mirror and ask myself, 'Am I really pretty?'" the Grade 11 student at Prince Andrew said. "Do I have anything to offer the world?"

Held at Alderney Landing in Dartmouth, the vigil was highlighted by a performance by Rebecca Crewe, who sang a song about Rehtaeh Parsons, the Cole Harbour teenager who took her own life in April 2013.

Boards off to the side listed the names of dozens of teenagers worldwide who have killed themselves as a result of bullying, a sober reminder of how much work is left to be done.

While it is now too late to help Parsons and the many others who have killed themselves as a result of bullying, Nicholas is seeking to help those who have gone through the same things she has.



Toni Nicholas speaks at the Generation Change candlelight vigil in Dartmouth on Saturday. BRAEDON CLARK/FOR METRO

"I've had people come up to me and say they are inspired by what I'm doing,"

she said. "It helps to know that I'm able to help other people."

Nicholas also revealed that she is struggling with anorexia.

Lofty mission

Despite the struggles she has faced in the past and those that are ongoing, Toni Nicholas put on a positive face when asked about her group's goal:

- "We want to create beauty out of pain," she said.

"It has been a hard year for me but I really wanted to come out to this event," she said.

Nicholas's mother Sherry watched proudly as her daughter spoke to the crowd.

"I'm very proud of her," Sherry said.

"At the same time I worry about her because bullying has her down to 80 pounds."

Halifax gun incidents not related, police say

A man accused of leaving a sawed-off shotgun on a Halifax bus made a brief appearance in court Friday, hours after police said the incident was not connected to a reported sighting of someone carrying a concealed weapon the same day.

Justin Crathorne, 25, was remanded into custody until his next hearing on Nov. 6, when he could enter a plea on multiple charges, including possession of a weapon for a dangerous purpose and carrying a concealed weapon.

Crown attorney Brian Cox said outside court that he was opposed to his release because of the dangerous nature of the prohibited weapon Crathorne is alleged to have had.

"The weapon that was al-

leged to be in possession of the accused is a dangerous weapon — it's a sawed-off shotgun," he said.

"It's inherently dangerous, both from the damage it can inflict and the fact that it can be concealed."

Police arrested Crathorne without incident at about 11 a.m. Thursday on a busy downtown street after a bus driver reported finding a gun on his bus, which was parked nearby.

The arrest came as police were searching the same area for someone reportedly carrying what appeared to be a rifle wrapped in black fabric.

They said they received a single report of the sighting Thursday at about 8:30 a.m., leading to a heavy police pres-



Police remove evidence from a bus on Thursday. JEFF HARPER/METRO

ence in the downtown core, business closures and heightened security at municipal buildings, schools and hospitals.

"From the Crown's perspective, having reviewed the investigation thus far, the two incidents are wholly unrelated," Cox said. **THE CANADIAN PRESS**

Dartmouth

Man drops pants in front of kids: Police

Police in Halifax say they are looking for a man who pulled down his pants and exposed himself to four children, all under the age of 10.

Halifax Regional Police

say the incident happened at 12:45 p.m. Sunday in a wooded area behind the 0 to 100 block of Princess Margaret Boulevard in Dartmouth.

The children — three girls and one boy — were playing in the woods when police say the suspect approached the kids and pulled down his pants. The four kids screamed

and ran home to their parents, who called police.

Officers tried to locate the suspect but were unsuccessful.

He is described as white, in his 40s, five-foot-11, with a heavy build, short brown hair and a clean-cut beard. He was wearing a black flat-brimmed hat, a black T-shirt and light blue jeans. **METRO**



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No kitten around at annual Halloween cat competition

Spooky stuff. Festively themed cat show draws hundreds

It seemed the cat got the tongue of 11-year-old Victoria Frauzel when she accepted the first-place ribbon on behalf of her feline friend, who had the *purrfect purrformance* in this weekend's annual Halloween black cat competition.

"She gets a little nervous at first, but then she calms down," Frauzel said afterwards of her sixth-month-old Persian kitten, named I'm So Fancy, on Sunday afternoon. The Frauzels were among hundreds of cat lovers who took part in the annual Canadian Cat Association Championship and Household Pet Cat Show held at the Hal-

Quoted

"Initially, I wasn't too keen on black cats because to me it's kind of a boring colour, black or black." Breeder Theo Mitchell

fax Forum on Saturday and Sunday.

The two-day event featured more than 95 different cats, mostly purebreds, but also a number of household kitties, along with vendors who sold everything from catnip to kitty litter — even some pizza for the humans. Organized by the Fundy Fanciers Cat Club, the show was part competition and part fundraiser for a number of local cat rescue shelters, said show manager Ellie Smith.

who donned a pair of pink and black cat ears.

Although the entire event was Halloween-themed, she explained there was no kitten around. Over the two days, each cat went paw-to-paw to try and win best-in-show for various categories — including a black cat contest — and were judged based on how closely they matched breed standards.

"It's competitive, but it's fun," said breeder Theo Mitchell. "We all share a common love of the cats. It is a very fun hobby, and so we enjoy every opportunity to get together with each other."

Owner Brittany Bourgeois said she wasn't surprised when her cat Blaze lapped up second place in the black cat competition. "He's all over the place, or if not, he's sleeping," Bourgeois said. **STEPHANIE TAYLOR/FOR METRO**



Iris Zinck judges a brown spotted tabby named Asiafaue Capucine during an all-breed competition at the Halloween Cat Show at the Halifax Forum Maritime Hall on Sunday. JEFF HARPER/METRO

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Zehaf Bibeau recorded video before Ottawa attack: RCMP

Attack in Ottawa.

Investigation reveals gunman motivated by 'ideological and political' ideas, Mounties say in statement



JOE LOFARO
Metro in Ottawa

The RCMP said Sunday they have obtained a video of shooter Michael Zehaf Bibeau and the preliminary investigation has revealed his motivations were "ideological and political."

RCMP Commissioner Bob Paulson said in a statement that the video was recorded just before the attack that left Cpl. Nathan Cirillo dead from two gunshot wounds.

Paulson did not say how the RCMP obtained the video or what is depicted in it.

"The RCMP is conducting a detailed analysis of the video for evidence and intelligence. You must understand that we cannot release this video at this time and I would ask for your patience in this regard," the statement read.

While the RCMP says it does not know the origin of the rifle Zehaf Bibeau used in the attack, it says he earned "a considerable amount of funds" by working in the Alberta oilfields.

They said the gun was "old and uncommon" and could have been previously hidden on his aunt's property in Mont Tremblant, Que.

The statement from the RCMP labelled the shooting incident as a "terrorist attack," which is in line with Prime Minister Stephen Harper's

characterization of Wednesday's events, but runs counter to statements made by Zehaf Bibeau's mother to Postmedia suggesting he may have suffered from a mental illness.

Paulson said investigators are also looking at Zehaf Bibeau's interactions with "numerous individuals in the days leading up to this attack," and whether those interactions contributed or facilitated it.

"This nationally scoped investigation remains exceptionally active and fluid," wrote Paulson in the statement. "The RCMP undertakes to get as much information to the public as quickly as we can."

Paulson's statement also said police believe Zehaf Bibeau stored a knife at his aunt's property, which they said he brought with him in his attack.



A woman places flowers before signing a book of condolences outside the Markey-Dermody Funeral Home in Hamilton, where the family visitation for Cpl. Nathan Cirillo took place on Sunday. PETER POWER/THE CANADIAN PRESS

Moncton shooter faces 75-year prison sentence

When Justin Bourque appears in court Monday, he faces the harshest sentence since the death penalty was abolished for fatally shooting three Mounties and wounding two others in Moncton in early June.

However, legal scholars say it's unlikely the 24-year-old will face the maximum penalty — 75 years in prison before he is eligible to apply for parole — given his age and lack of a criminal record.

In early August, Bourque pleaded guilty to three charges of first-degree murder and two counts of attempted murder.

A single conviction for first-degree murder carries a mandatory life sentence and a ban on applying for parole for 25 years. However, Judge David Smith of the Court of Queen's Bench has said the Crown wants him to use a 2011 amendment to the Criminal Code that allows judges to extend parole ineligibility in the case of multiple murders.

In this case, Smith could decide that the 25-year ineligibility period for each murder conviction should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he was 99 years old.



A tribute grows in front of the RCMP station in Moncton, N.B., on June 7 following the shooting deaths of three Mounties. TORSTAR NEWS SERVICE

The Harper government changed the law to eliminate what it called the "volume discount" for multiple murderers.

The law has been used only once since it was changed. In September 2013, a judge in Edmonton sentenced an armoured-car guard to life in prison with no chance at parole for 40 years for gunning down four of his colleagues during a robbery in June 2012.

Travis Baumgartner had pleaded guilty to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder.

It was the toughest criminal penalty since Canada's last exe-

cutions in 1962.

Baumgartner was facing a 75-year parole ineligibility period, but the judge cited mitigating factors, including his age, lack of a criminal record and his guilty pleas, which prevented a prolonged trial.

It's for these same reasons that law professor Isabel Grant believes Bourque will be given a lighter sentence.

"I would be surprised if the court imposed 75 years on someone his age," said Grant, who teaches at the University of British Columbia. "To make the jump to 75 years would be quite dramatic."

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CBC tight-lipped on firing Jian Ghomeshi; host says network found his sex life 'unbecoming'

\$50 million. The radio personality is suing CBC for breach of confidence and bad faith, and pursuing reinstatement

Radio host Jian Ghomeshi says he has been fired from the CBC because they believed his "sexual behaviour was unbecoming of a prominent host" on the public broadcaster.

Ghomeshi made the claim in a startling Facebook post Sunday that surfaced just hours after CBC issued a statement saying they were severing ties with the popular personality because of "information" they'd received about him.

After that announcement, a Toronto law firm representing Ghomeshi issued a brief statement saying it would launch a lawsuit against the CBC.

"I've been fired from the CBC because of the risk of my private sex life being made public as a result of a campaign of false allegations pursued by a jilted ex girlfriend and a freelance writer," Ghomeshi said in the post, which a publicist confirmed had indeed been written by the radio host.

In the post, Ghomeshi said he has "always been interested in a variety of activities in the bedroom," but only engages in "sexual practices that are mutually agreed upon, consensual, and exciting for both partners."

He said he began to date a woman in her late 20s two years ago and that they had an "affectionate, casual and passionate" relationship that involved "adventurous forms of sex."

He went on to say he ended their relationship earlier this year, which upset the woman, and that early in the spring there was "a campaign of harassment, vengeance and demonization" that resulted in "months of anxiety."

He went on to say in the post: "It came to light that a woman had begun an-



Radio presenter Jian Ghomeshi arrives at CBC's Toronto studios in this January 2010 file photo. CHRIS YOUNG/THE CANADIAN PRESS

onymously reaching out to people that I had dated (via Facebook) to tell them she had been a victim of abusive relations with me. In other words, someone was reframing what had been an ongoing consensual relationship as something nefarious. I learned — through one of my friends who got in contact with this person — that someone had rifled through my phone on one occasion and taken down the names of any woman I had seemed to have been dating in recent years. This person had begun methodically contacting them to try to build a story against me."

In addition, he asserted in the post: "Someone also began colluding with a freelance writer who was known not to be a fan of mine and, together, they set out to try to find corroborators to build a case to defame me."

Ghomeshi said he has been open with CBC about

Quoted

"It came to light that a woman had begun anonymously reaching out to people that I had dated (via Facebook) to tell them she had been a victim of abusive relations with me. In other words, someone was reframing what had been an ongoing consensual relationship as something nefarious."

Jian Ghomeshi, in a Facebook post Sunday

the matter and that he has "never believed it was anyone's business" what he does in his private affairs but that he wanted his bosses to be aware of the situation.

"CBC has been part of the team of friends and lawyers assembled to deal with this for months," he wrote. "On Thursday I voluntarily showed evidence that everything I have done has been consensual. I did this in good faith and because I know, as I have always known, that I have nothing to hide. This when the CBC decided to fire

me.

"CBC execs confirmed that the information provided showed that there was consent. In fact, they later said to me and my team that there is no question in their minds that there has always been consent. They said they're not concerned about the legal side. But then they said that this type of sexual behaviour was unbecoming of a prominent host on the CBC. They said that I was being dismissed for 'the risk of the perception that may come from a story that could come out.'

To recap, I am being fired in my prime from the show I love and built and threw myself into for years because of what I do in my private life."

A CBC spokesman said the broadcaster had no comment on the Facebook post because of the pending lawsuit.

Earlier, the broadcaster said the decision to cut ties with Ghomeshi was: "Not made without serious deliberation and careful consideration. Jian has made an immense contribution to the CBC and we wish him well."

Toronto law firm Dentons Canada LLP says the action will claim general and punitive damages for breach of confidence and bad faith in the amount of \$50 million.

The law firm said documents would be filed on Monday in court but did not elaborate.

The statement also said Ghomeshi will commence a grievance for reinstatement with the CBC under his col-

Cultural affairs

It wasn't immediately clear Sunday what would happen to Q, a daily national talk show on CBC Radio One and CBC-TV that Ghomeshi co-created and that featured interviews with celebrities and prominent international figures.

- Ghomeshi's last day in the host's chair was Thursday.
- The cultural affairs program, which launched in 2007, is broadcast on more than 180 NPR/PRI stations and syndicated in the U.S.
- Ghomeshi had been scheduled to host the Scotiabank Giller Prize gala on CBC-TV on Nov. 10 in Toronto. But Elana Rabinovitch, a spokeswoman for the book prize, said in an email Sunday he will no longer preside over the gala.

lective agreement.

CBC spokesman Chuck Thompson said in an email Sunday afternoon that if the CBC is served with legal documents it will contest the lawsuit vigorously.

On Friday, Ghomeshi, 47, tweeted that he was taking some "much needed personal time" away from the broadcaster. That came after an emotional posting on his Facebook page earlier this month about the recent death of his father.

It wasn't immediately clear what would happen to Q, a daily national talk show on CBC Radio One and CBC-TV that Ghomeshi co-created. Thompson said "it's not uncommon for CBC to use guest hosts on Q and that's what we'll be doing for the foreseeable future."

The departure leaves a gaping hole in the broadcaster's lineup. Ghomeshi was not only a force on radio but did TV appearances as well, and offered a dose of urbane cool to the often stodgy CBC.

THE CANADIAN PRESS

Cashing in. Drugmakers bet there's money to be made from Ebola outbreak

Drugmakers are racing to develop vaccines and drugs to address the worst outbreak of Ebola in history. It's unclear who will pay for their products, but companies are betting that governments and aid groups will foot the bill.

There are no proven drugs or vaccines for Ebola, in large part because the disease is so rare that up until now it's been hard to attract research funding. And the West African nations hardest hit by the outbreak are unlikely to be able to

afford new Ebola vaccines and drugs.

But governments and corporations now are shifting millions of dollars to fight Ebola in the wake of the outbreak that has infected nearly 10,000 people and killed more than 4,800. Experts say drugmakers are wagering that international groups and wealthier governments like the U.S. will buy Ebola vaccines and drugs in mass quantities to stockpile them for future use once they're deemed safe. **THE ASSOCIATED PRESS**



Margaret Chan, director-general of the World Health Organization, at a news conference in Gammarth, northeastern Tunisia. **THE ASSOCIATED PRESS FILE**

'Shmita'

Israeli farmers observe year-long sabbatical ... sort of

Every seven years, according to the Bible, Israeli farmers must give their lands a rest for a year.

So how do modern-day growers reconcile the ancient spiritual practice with a need to feed the country's eight million mouths?

Most market their produce thanks to a clever workaround: They temporarily sold their farms, valued together at \$33 billion US, to a 25-year-old non-Jewish telemarketer named George.

"I own all those lands, and I don't even own an apartment," joked George Shtraykhman, an immigrant from St. Petersburg, Russia.

The seventh-year sabbatical, called "shmita" in Hebrew, began last month on the Jewish New Year, and extends through the fall of 2015.

THE ASSOCIATED PRESS

Trick or treat on the business beat



HOW TO ROLL
Alison Griffiths
investing@metronews.ca

October is often full of tricks and treats for the investor and also the business world. This year has been no exception. Here's what was ghoulish and glorious.

Thumbs up:



The stock market. First there was the stomach-dropping slide of more than 10 per cent from September highs during the first half of the month. Then came the 700-point bounce back during the last two weeks. There was much gnashing of teeth about the dive but it was very positive for the patient long-term investor. All those solid stocks that just kept getting more expensive, especially in the oil patch, were suddenly on sale.

The smart money moved in quickly and, voilà, a rebound was born. If you missed it, put together a shopping list of stocks and waste no time buying during the next dip.

Thumbs down:



CEO foot-in-mouth disease strikes again. Don't these fellows (and they are usually guys) have handlers? Here's how the latest gaffes happened. Microsoft CEO Satya Nadella got together with his Apple and Facebook chums, Tim Cook and Mark Zuckerberg, for a little coffee klatch.

They ruminated about how they could best present a solid paternalistic, anti-female front in the decidedly girl-unfriendly world of technology. That should be good for business, right?

Nadella's big idea was to encourage women not to ask for a raise but wait until Daddy offered. Somehow, this lady-

like reticence would translate into good corporate karma. Cook and Zuckerberg thought they could go one better. They decided to provide egg freezing as a health benefit to female employees. That way, the companies could avoid those pesky maternity benefits and when the gals weren't wanted anymore, say around age 40, off they'd go to thaw their eggs and get pregnant on their own time.

Now that's what I call advanced thinking.

Thumbs down:



Two days from now the "low-cost" airline, which provides no-charge jokes with your flight, will ding you \$25 for a first checked bag on economy flights. WestJet was first out of the gate with this abomination, but no surprise, Air Canada quickly followed with baggage charges to begin on Nov. 2.

Halloween scares up big profits

Halloween holds no fear for retailers.

In fact, rather than spooking the economy, all those little (and sometimes not so little) ghosts and goblins scare up monthly spending that is second only to December and the Christmas season.

And with the day falling on a Friday this year, interest will

likely peak as both children and adults go looking for costumes and decorations as well.

Statistics Canada said Canadians doled out \$381 million on candy, confectionery and snack foods last October, leaving the month second only to the nearly \$451 million spent in December.

THE CANADIAN PRESS



Retail consultant John Winter sees Halloween spending growing this year. **GETTY IMAGES**

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KEEP CALM AND CANADIAN ON

Last Wednesday, I was glued to CBC radio's coverage of the Ottawa shootings while trying—and failing—to focus on my upcoming class.

At 12:54 p.m., as a CBC reporter relayed the shocking news shots may have been fired inside the Rideau Mall—meaning there might be “more than one shooter”—a Facebook post popped up on my screen.

It was from Spencer Osberg, one of my graduate students. Spencer had worked as a journalist in Lebanon. He forwarded a list of cautions for following dramatic breaking news from a website called “On The Media.”

No. 4 on the list: There's almost never a second shooter. There wasn't. The next morning, I shadowed Twitter as police shuttered much of downtown Halifax while they searched for a man reported seen carrying a rifle.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Tweeted independent local journalist Tim Bousquet: “Remember how after Moncton shooting there were scads of false reports of shooters in Halifax? Here we go again.”

A few minutes later, police arrested a man who had left a sawed-off shotgun on a city bus. “My bad,” Bousquet tweeted. Maybe. Maybe not. It seems the man arrested and the man seen with the rifle were different.

We still—too often—don't know enough about everything to know anything about anything for sure. That's the journalist's dilemma. Covering breaking news in The Age of Instant is fraught: Information is fragmentary, contradictory, confusing, from multiple sources of varying reliability.

At the same time, audiences want to know what's happening now. By most accounts, the CBC got it right. The American maga-

Terrorism? Or mental health?

Do we really need to spend more on countering terrorism, or more on improving mental health?

zine Mother Jones described CBC television coverage as a “master class in calm, credible breaking-news reporting.” That was true of radio as well. Even the ultimately false reports about shots being fired at the mall and a second shooter were carefully couched and framed. But our next challenge will be even tougher: putting what happened in Ottawa in context. This shooter appears not to have been an ideologue-automaton but a troubled, addicted, conflicted loner who twisted religion for his own purposes.

Do we really need to spend more on countering terrorism, or more on improving mental health? More on security or more on public education? We can't give in to the everything-is-changed-forever-and-we-must-change-everything-forever hysteria.

We need to remain calm and Canadian.

Metro Bitstrips caption contest



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Bitstrips

Letters

RE: Coverage of the Parliament Hill shooting

Don't call it chaos I need to object to the coverage I read of the Ottawa shooting in Metro, particularly the headline for Trevor Greenway's article “Ottawa thrown into chaos.” I didn't see chaos at all in the footage yesterday. I saw policemen doing their jobs bravely and promptly, people from Parliament being whisked away efficiently out of harm's way, and a gunman being stopped. Don't hype things up. **Kristen McKendry, Mississauga ON**

Thanks for staying away from the terrorism label I congratulate your reporters for their excellent reporting of the news related to subject. Your staff avoided tagging Zehaf Bibeau a terrorist and the incident an act of terrorism. I suggested to a senior writer of one daily that it was an oversimplification to identify Zehaf Bibeau as a terrorist. His response in part was: “I think most people would consider someone who shoots and kills a soldier then storms the Parliament Buildings, apparently hoping to kill politicians, to have engaged in an act of terrorism.” I pointed out to the senior writer that his response stating that Zehaf Bibeau was “hoping to kill politicians” was speculative. Was Zehaf Bibeau marginalized or radicalized? That is the question that should be addressed. He committed a heinous, despicable crime; however, the answer to the question should be a determinant as the government considers a response. **Alistair Hensler, Ottawa**

The politics of semantics

I pointed out that in 1989 Marc Lépine shot and killed 14 women in Montreal and that act was not considered terrorism.

Muslims against crazy In recent years, I stumbled across Islam and was surprised to find that it was an incredibly peaceful, beautiful, humble way of life. I became Muslim. And now I sit with other Muslims, a sense of foreboding in the air, dreading the news reports. We know we're good people—we know we're better for our belief. But does the rest of the world know? How can they, when they listen to the news: “Islamic militants,” “Jihad terrorists.” It isn't possible to explain the reasons for the horrors committed around the world, supposedly in the name of Islam. It is, however, possible for me to say how deeply it sickens me. Violence will never solve the world's problems. So let's work towards a new goal. Let's come together, work together, use our minds rather than our fists and draw strength from the collective love in our hearts, rather than being driven by reprisal. **Bridget Mc., Halifax**

WE WANT TO HEAR FROM YOU:
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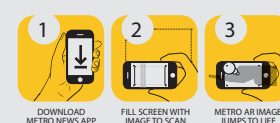


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Scene and page 21 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2 SCENE

Ebooks



Gone Girl

By Gillian Flynn

Kindle/iBooks/Kobo

.....



MIND THE APP

Kris Abel
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This dark tale of intricate planning, told far too quickly as a movie, uses husband-and-wife ebook diaries to account for a disturbing disappearance through entirely different perspectives and different timelines. It's a crime puzzle of a thousand well-thought-out pieces and unforeseen revelations that, once assembled, form a massive jaw-dropping tapestry of mob mentalities and painful, human manipulation.

Box office

Ouija scared up enough moviegoers to spell out No. 1

The spirits moved Ouija to No. 1 at the box office, with the board-game adaption leading the weekend with a \$20 million US debut, according to studio estimates Sunday. The the violent Keanu Reeves thriller John Wick. The R-rated hit-man revenge tale opened with \$14.2 million in second place. **THE ASSOCIATED PRESS**

Weezer worries about becoming rock geezers

Music. Band tells itself Everything Will Be Alright In the End in new album contemplating a fading career

LISA WEIDENFELD
Metro in Boston

For a band famous for songs about youthful alienation, with titles like *The World Has Turned and Left Me Here*, naming an album *Everything Will Be Alright In the End* represents a pretty big step.

But Weezer frontman Rivers Cuomo says that change has been hard-won.

"We went through so many life stages, creative stages, interests, experiences and we faced some deeply troubling realities," he says of the years since their last album, 2010's *Hurley*.

After all of that, Cuomo says the lesson they learned is what led to the band naming their latest album title, *Everything Will Be Alright In the End*.

"I think really it's just a way to put into one phrase with words the feeling you get from the album where over the course of the 41 minutes," he says. "You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

The final chorus

"You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

Weezer frontman Rivers Cuomo describes the band's latest album.



Weezer frontman Rivers Cuomo, second from right, says the band's new album "ultimately feels triumphant." EMILY SCHUR

umphant by the time you get to the final chorus."

The band is so happy about Everything that they're playing every song from the album at each tour stop, though Cuomo assures us that older songs will be in the mix as well. Asked if playing those older songs still feels as personal to him as more recent efforts, Cuomo replies, "I feel like Weezer at its best is writing from a very deep, timeless and ageless place that I have no problems relating to. Even with our earliest songs, they feel like us."

That's not to say the new album isn't personal as well.

"I'm always inspired by the emotional push and pull in my relationships and my daily life," he says.

We ask him to explain the ominously titled *Eulogy For a Rock Band*. The opening lines of the song are, "Goodbye heroes, you had a good run, 15 years of ruling the planet, but now your light's fading." He promises it's not a critique about his own band, but was instead inspired by seeing one of his musical heroes.

"A forefather who's perhaps the biggest rock star of all time in one of the later stages of his career," is all that he will allow. Though Cuomo is cagey about who the musician was, he does say the experience made him think about how "each successive generation is less familiar with his work and ultimately that means he and his life's work are headed towards oblivion, and realizing that gosh, if

that's the fate of his work, then obviously that goes for the rest of us, too."

But hey, everything will be all right in the end, right? Cuomo says keeping to that credo is what gives him the confidence to keep going as an artist.

"Even if we're not 100 per cent certain, that's what we have to tell ourselves," he says.

The band will mostly be playing smaller club shows on the tour, which Cuomo is a big fan of. "Playing giant venues is great because it's just such a spectacle ... but we also love playing for just a few people or a few hundred people, feeling them right next to us, right in front of us. They tend to be the most hard-core fans and will sing every word at the top of their lungs and you know how much your music means to them, and that's what every artist dreams of, and it's the greatest feeling in the world."

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Books

Rowling set to release new story for Potter fans

Harry Potter fans can look forward to a Halloween treat from J.K. Rowling. In an announcement posted on her website, pottermore.com, the author revealed that she has prepared a 1,700-word story about the witch and former Hogwarts professor Dolores Umbridge. The story will appear on Halloween, Oct. 31, on her site. It will include Rowling's "revealing first-person thoughts" about Umbridge, according to the announcement.

THE ASSOCIATED PRESS



J.K. Rowling

THE ASSOCIATED PRESS FILE

Television

Honey Boo Boo cancelled amid reports mom dating criminal

The TLC network has cancelled its colourful series about child beauty pageant contestant Honey Boo Boo and her Georgia family after published reports that June Shannon was dating a man with a criminal past. Shannon denied the allegations. "The statement of me dating a sex offender is totally untrue." THE ASSOCIATED PRESS

Television. Courtney Love to play rock star on Empire

Courtney Love will make a few appearances on Empire, Fox's forthcoming hip-hop series, which is due to premiere in 2015.

The new drama series created by The Butler director Lee Daniels is rounding out its cast with the arrival of Courtney Love as a guest star.

The Hole frontwoman will play Elle Dallas, a hard rock musician and a solid asset for Empire Entertainment, the record label owned by the series protagonist Lucious Lyon, played by Terrence Howard.

Due to premiere this January, Empire centres on the professional and family life of the hip hop mogul.

When Lyon is diagnosed with a terminal illness, his ex-wife and three sons vie for control over the successful music business he has built over the years.

Fox is betting big on the new series, the cast of which also includes Taraji P. Henson, Naomi Campbell, Cuba Gooding Jr. and Gabourey Sidibe.



Courtney Love
APP FILE

Known for her music career, Love is no stranger to acting. She has appeared in a number of films, including two by director Milos Forman: Man on the Moon and The People vs. Larry Flynt. Kurt Cobain's widow has rarely appeared in television shows, however, aside from a role in the seventh season of Sons of Anarchy, which is currently airing on FX. AFP

Television. Ricci to reprise her role as Lizzie Borden

In a limited series due to air on Lifetime in 2015, Christina Ricci will again play the woman accused in a mysterious murder case that lives on in American folklore.

After headlining the Lifetime original movie Lizzie Borden Took an Ax, Ricci will return to the role in a six-episode miniseries titled Lizzie Borden: The Fall River Chronicles.

An unmarried Massachusetts woman, Borden became famous in 1892, at age 32,

when she was accused of murdering her father and step-mother with a hatchet. Though she was acquitted in court, public opinion remained largely against her, and she lived the rest of her life in isolation, dying alone in 1927.

Picking up the story after the jury's not-guilty verdict, the series centres on detective Charlie Siringo, who investigates a series of mysterious deaths that cast doubts on Borden's innocence. AFP

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TOP SIX @ 6
Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Nicki Minaj Anaconda
- 5 Taylor Swift Shake It Off
- 4 Shawn Mendes Life of the Party
- 3 Jessie J, Ariana Grande & Nicki Minaj Bang Bang
- 2 Nick Jonas Jealous
- 1 Jeremih ft YG Don't Tell 'em

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SCENE

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Sussing out the self-involved psyche

Actor interview.

Julianne Moore talks about L.A. life and how epic egos aren't exclusive to Hollywood

RICHARD CROUSE
scene@metronews.ca

In the new David Cronenberg film *Maps to the Stars*, Julianne Moore plays actress Havana Segrand.

A child of Hollywood, she's the daughter of a movie star who became a star herself but is now "monstrous and childlike," Moore says.

Havana is a bundle of exposed ego and neurosis, a Hollywood stereotype, but Moore promises she's not based on anyone in particular.

"I swear to you she sprung to life from the page," she says. "That was what was great about it. (Screenwriter) Bruce Wagner's language is so precise, so spectacular, so emotional; it was almost like poetry.



Julianne Moore plays actress Havana Segrand in *Maps to the Stars*, which opens Friday. CONTRIBUTED

"There was a rhythm to it. I could hear her voice in the rhythm of the speech and how things were supposed to be delivered.

"The key to Havana for me was her arrested development. She's stuck at the age her mother died. She's so childlike.

"Everything is all about her mother and not being parented. All this childish, even sexpot behaviour — the 'Look at me!' — is all about not being parented. That's all she wants."

The film is a wonderfully sadistic portrait of Tinsel Town and its citizens, portraying the wild side of Los Angeles, where venal and stratospherically self-involved behaviour plays itself out on the public stage. It's a dark picture of life in Holly-

wood, but Moore, a longtime resident of New York City, says the conduct isn't exclusive to the movie biz.

"I'm sure there can be a certain kind of permissiveness in any business," she says, "on Wall Street and Silicon Valley and in certain socialite circles.

"People try and pin it on Hollywood as the only place it happens, and of course, it's not.

"I only lived in L.A. for a while in the '90s. There was a different quality to socializing than I had ever seen before. I'm pretty bourgeois. I'm not a partier. I don't really go out. But when I moved to L.A., there was a degree of socialization. I was like, 'Whoa, there's a lot of parties out here.'

"I was also single and out in a way I hadn't been before. Very soon after that, I met my husband, we had children and I went right back into my hole."

She does, however, go out from time to time.

"I have a school event later tonight," she laughs as we end the interview.

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first \$2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of \$7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. © / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

If Taylor can make it there, she'll make it anywhere



It's Taylor Swift Album Release Day, y'all! Oh wait, maybe forget the y'all, as she's not really a country artist anymore.

Anyway, today marks the release of Swift's latest album, 1989, and it kicks off with a track you might've heard already — since Swift released it last week in advance of the album — called Welcome to New York. So, you know, welcome! So why is she being so “willkommen, bienvenue, welcome!” to everyone for a city she's only been living in for a tiny bit? Because she's trying to speak her truth, obviously.

“I never thought I'd live in New York, because I thought I'd be too overwhelmed by how busy and bright and crazy the city is,” Swift tells Esquire. “Then all of a sudden, this year, all I wanted to do was live in New York. I never thought I would be so happy being completely unattached to anyone romantically.”

And from that, she was inspired to write a song that will be the theme for NYU and Columbia freshman orientation weekends for at least the next three years.

No, Mindy didn't win a Nobel

Well, this is awkward. After Mindy Kaling spoke recently at the New Yorker Festival, she was accosted by a “tipsy man in his 80s” who cornered her and told her, “Congratulations on your Nobel Prize,” mistaking her for 17-year-old Pakistani activist Malala Yousafzai, who was recently awarded the Nobel Peace Prize. Kaling took it well, at least, saying afterward, “Did he really think I'm Malala? And that if I were I'd be at the Boom Boom Room?” according to the New York Times. “That's the best thing that's happened all night.”

Avatar Secrets



Episode 10: The Hybrid Reality

Just one level shy of reaching her goal in the game, Tristanova is faced with a moral dilemma. “What you're seeing in the Internet is a mirror of society. If you don't like what you see, fixing the mirror doesn't help. You have to fix what's reflected in the mirror,” says Vint Cerf, father of the Internet and Chief Internet Evangelist at Google. Scan this photo for a video of Cerf talking about how the online and real worlds are not that different.



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Hilton's million-dollar DJ gig has Deadmau5 squeaking

You might've gotten upset about the idea of Paris Hilton getting paid more than \$1 million for a DJ set, but you've got nothing on actual DJ Deadmau5. He got so worked up, he had to write a scathing Tumblr post about the whole thing. “Personally, I would pay about as much to see her ‘perform’ as Indy fans would pay to watch me struggle to get out of first gear and 20 feet off the starting grid in an Indy500 race without ending up in a wreck,” he writes. “Get the f— back in your go-kart. No need to prove that you found someone stupid enough to consider paying you a million dollars for



Paris Hilton
ALL PHOTOS: GETTY IMAGES

something the world knows you aren't. Because here's what you actually are to everyone who knows better: ticket sales. Nothing more.”

Twitter



@Jeff_Daniels
I'm told I'm trending



@chelseahandler
Visiting my nephews college dorm. I've never been so thankful I skipped college, or rather, college skipped me

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Brad Pitt's 'career maintenance' tip was a Trojan horse



NED EHRBAR
Metro in Hollywood

OK, here's a fun game.

In the latest issue of Details magazine, Brad Pitt is featured in a fancy photo series shot by Mark Seliger, and instead of a full accompanying interview, the magazine dapples the images with some “interesting” quotes by Pitt.

One of them is pretty interesting, actually:



“I was once talked into a film for ‘career maintenance.’ I have not made that mistake since,” Pitt says. Which

begs the question, which film is he talking about?

While Pitt has generally been pretty good at picking projects, he's gotten really careful since shacking up with Angelina Jolie. But that also coincides nicely with his production company, Plan B, getting more clout. So I'm putting my money on 2004's laughable Troy, an uncharacteristically Big Hollywood choice for Pitt — and one that he looks palpably uncomfortable in.

There's also a slight possibility he's talking about The Mexican, but that film's kind of adorable in its own scruffy way, and Pitt seemed to be having such a good time doing it that I doubt it. I'm still going with the terrible, terrible swords-and-sandals epic misfire.

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Lease or finance? If you're leasing just to free up cash for stupid stuff, then you're doing it wrong



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

A friend of mine was telling me he's in the market for a new car.

"Paying cash, financing or leasing?" I asked, not realizing I was about to step into a pile of poop.

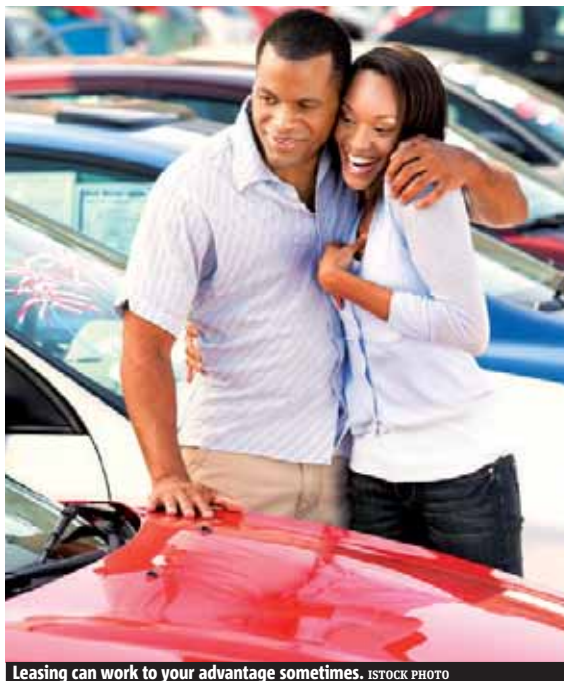
"Lease?!" he shouted, the spittle flying. "And you call yourself a financial whiz."

Actually, I don't. Other people may, but I just consider myself a chick who is sensible with her money. Anyhoo, I said, "So, what do you have against leasing?"

"Well, that's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now, buddy, renting isn't stupid, and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing, then, shall we?

Fact 1: When you lease,



Leasing can work to your advantage sometimes. ISTOCK PHOTO

you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (interest) rate you're paying and applicable taxes.

Fact 2: At the end of your lease, you have the option of either buying the vehicle

for the predetermined residual value, or returning it to the dealer. If you return the vehicle, it was like renting the car. If you buy it out, it's more like another form of financing.

Fact 3: A lease will mean substantially lower monthly payments because you are not making any payments on said residual value.

That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will

have to come up with the residual value if you want to buy the vehicle at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you interest, too.)

Fact 4: You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value.

What a lot of people don't get is that while you're leasing, you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on which interest is being calculated is reduced at a faster rate so you end up paying less.

Fact 5: Leasing can work out to be cheaper. If the interest rate on the lease is lower (or if the financing term is longer), the lease will be less expensive.

With the current trend of up to 84-month financing, the interest costs on loans can outstrip leasing costs. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

Fact 6: Dealers have been known to jack up the price on a vehicle depending on how you plan to finance the purchase. Don't go in declaring how you're going to pay.

As far as the dealer is concerned, you don't have a trade-in, you don't need financing, and you don't plan to lease. You're just pricing out the car.

If you're prepared to spend a little money to get the best deal (\$40), go to carcostcanada.com.

Who benefits from leasing

If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Or, if you're determined to buy out the vehicle but need some breathing room in your cash flow, leasing can work to your advantage. You'll not only make your monthly lease payments on time, you'll also be socking away the money you need to make the buyout.

com for the wholesale price on the car you're considering.

Fact 7: It's your job to read and understand your lease, including knowing your mileage and wear limits, overage charges, termination charges, and buyout fees. If you know you drive a lot and the kilometre allowance will be used up in no time flat, reconcile yourself to buying out the vehicle and start saving to do it.

But if you're leasing just to have extra money to spend on stupid stuff, then you're using the strategy the wrong way. Stick with the discipline financing offers. And make sure you stay under 48 months for your loan.

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Keep gossiping! Study says it's good for us

Judging others. Research finds positive gossip motivates us, while negative gossip triggers self-protection

Our penchant for gossip is sometimes referred to as the root of all evil, but it can help us adapt to a new social environment, help us improve on ourselves and reveal potential threats, according to a new study at the University of Groningen in the Netherlands.

"For example, hearing positive stories about others may be informative, because they sug-

gest ways to improve oneself," says lead researcher Elena Martinescu. "Hearing negative gossip may be flattering, because it suggests that others (the gossip target) may function less well than we do. However, negative gossip may also be threatening, because it suggests a malign social environment in which one may easily fall victim to negative treatments."

In the two-part study, 183 participants were asked to recall a time when they received gossip, positive or negative. Researchers assessed the gossip, pertaining to how it could affect the receiver in terms of self-improvement, self-promotion and self-protection.

The participants in the second study were asked to pretend they had written a job description presented to them. They then received either negative or positive gossip about another's performance.

The two experiments had similar results: those who received positive gossip were motivated by someone else's success, and those who received negative gossip showed a desire to protect themselves.

"Receiving gossip about other people is a valuable source of knowledge about ourselves, because we implicitly compare ourselves with the people we hear gossip about," says Martinescu. AFP



Gossiping inspires us to be stronger and better people, study suggests. AFP

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Rover, Rover, please don't come over

Dear Metro,
My company recently started allowing dogs in the office. Everyone loves it — my colleagues play with the puppies all day. Thing is, I'm just not a dog person. I don't want to be a downer, but it makes me uncomfortable to have animals sniffing my feet while

I'm trying to work. Is there anything I can do?

— Dog's Worst Friend



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear DWF,

It's a tough ride for the dog-indifferent. You struggle to squeak out an "aww" when a pup scoots your way. You pet like a robot. People think you have no soul. Which is why this canine invasion might actually be great: Think of it as



Has it been raining cats and dogs on your professional parade? It may be time to ask if Spot's running range can be restricted to a certain area. ISTOCK



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a chance to leave behind your doggie discomfort like a turd on a stranger's lawn.

If you're staunchly anti-pooch, however, you could propose a territorial solution. Perhaps the dogs could either stay leashed or roam freely in a designated area — far away from you.

Targeted complaints might have more traction. Just because Duchess ate your bagel doesn't mean Rusty was a bad boy. If a specific hound keeps slobbering on your boots, try a polite conversation with its owner. It might make them more attuned to their pet's behaviour.

And if all else fails, get out the tissues and fake an allergy.

Dear Metro,
A colleague I don't really

like just added me on Facebook. This person isn't my boss, but they are senior to me. It would be awkward to reject them, but I'm not into the idea of having my personal life tracked. Is there any way out of this?

— I Didn't Come Here to Make Friends

Dear IDCHTMF,

Yes, there is a way out of this: Ignore their request. There's no rule saying that those who attend meetings together must also share vacation photos, so it's completely within your rights to keep your professional life separate from your Zuckerberg life. If it ever comes up, just tell them that you never mix work and wall posts, full stop.

Restricting their access to your profile is another option: Let them be your friend, but don't let them actually see anything.

This spares you the guilt of an outright rejection while also sparing you the embarrassment of having them like that #tbt photo someone posted of your junior-high debate team.

However, no matter who's on your friends list, your profile should be squeaky-clean of anything that could compromise your integrity at work.

When in doubt, assume you're being lurked.

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Mediterranean Turkey Meatloaf Stuffed with Spinach and Feta. A new spin on an old fave

This meatloaf made with ground turkey is so versatile that you can serve it for a Monday night dinner or an elegant dinner party.

Ground turkey or chicken is a healthier alternative to beef. Four ounces of beef has 300 calories and 20 grams of fat, compared to lean turkey, which contains only 130 calories and seven grams of fat per four-ounce serving.

That's a considerable saving in terms of your calories, fat, cholesterol and heart health. Not to mention your weight!

Turkey is loaded with B vitamins and selenium, an antioxidant necessary for thyroid metabolism. It is, however, most known for tryptophan, an amino acid that triggers serotonin production, which calms you and helps you sleep.

I keep the lean turkey moist in this meatloaf by adding tomato sauce. You can also add ketchup or barbecue sauce.

The Mediterranean filling is what really takes this meatloaf to a more elegant level.

FLASH FOOD



From your fridge
to your table in
30 minutes or less

When sliced, the filling is attractive to look at and adds the distinct taste to the milder turkey flavour.

Directions

1. Preheat your oven to 425 F. Spray an 8-inch by 4-inch loaf pan with vegetable oil.

2. Filling: In a small skillet sprayed with vegetable

oil, sauté the finely diced onions in oil and garlic for 3 minutes or just until tender. Add the spinach and feta cheese.

3. Meatloaf: Combine all of the ingredients until they are well mixed.

4. Pat half the meat into a pan, place spinach topping over top, add remaining meat over top and pat down. Pour tomato sauce over top. Bake for 25 minutes or until internal temperature reaches 165 F.

5. Garnish with cheese.

Ingredients

Filling

- 1 cup finely diced onion
- 2 tsp vegetable oil
- 1 tsp minced garlic
- Half package frozen chopped spinach, thawed and squeezed dry
- 1 1/2 oz crumbled feta cheese

- 1 egg
- 1/4 cup finely diced onion
- 1/4 cup tomato sauce
- 1 tsp minced garlic
- 1/2 tsp dried basil
- Salt and pepper

Topping

- 1/2 cup tomato sauce
- 1/4 cup grated mozzarella cheese

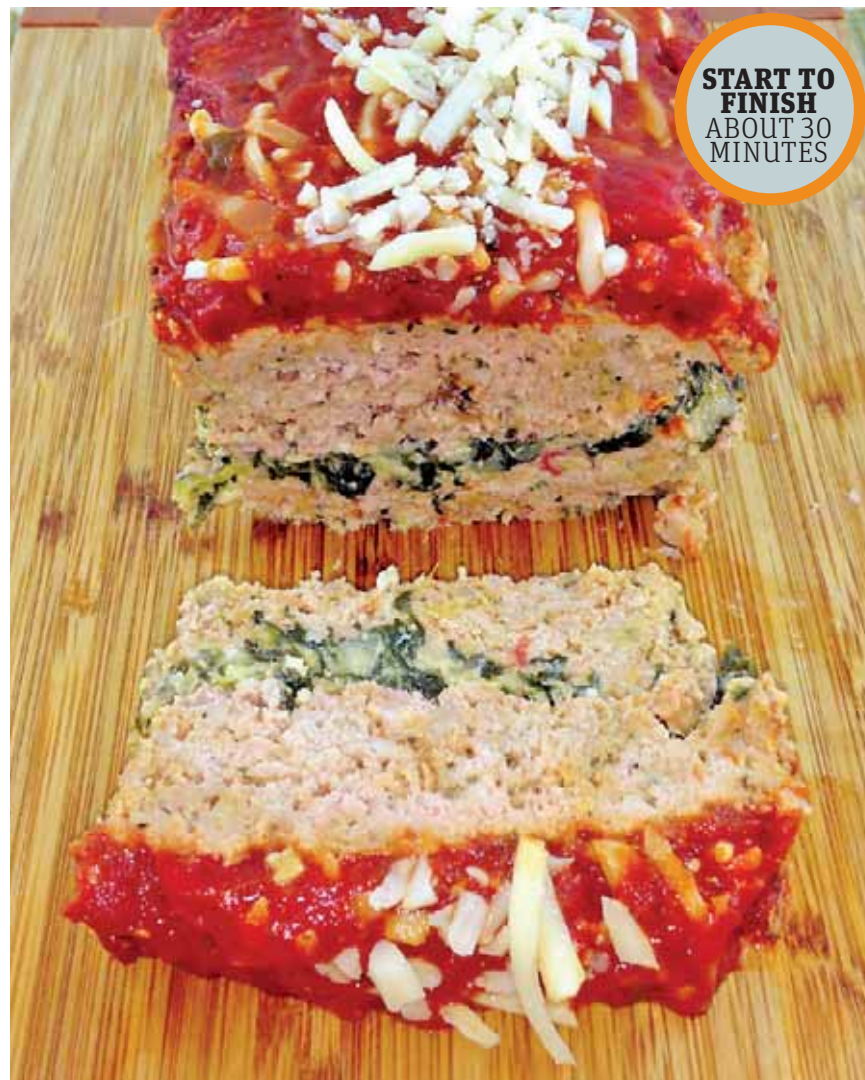
Meatloaf

- 1 1/2 lb ground turkey
- 1/2 cup seasoned bread crumbs

Nutritional information

Per serving

- **Calories.** 305
- **Carbohydrates.** 10 g
- **Fibre.** 1.1 g
- **Protein.** 25 g
- **Total fat.** 19 g
- **Saturated fat.** 5.5 g
- **Cholesterol.** 118 mg
- **Sodium.** 453 mg



This recipe serves six. ROSE REISMAN

Lunch. Cauliflower & Spicy Sausage Soup

This is a light and creamy soup without the addition of butter, cream or any dairy.

1. Spray non-stick skillet with cooking oil and sauté the sausage over medium heat just until browned and cooked through, 5 minutes. Drain off the fat and set aside.

2. Spray non-stick saucepan with cooking spray, add oil and place over medium heat. Add

Ingredients

- 4 oz spicy sausage, chopped and casing removed
- 2 tsp vegetable oil
- 2 tsp minced fresh garlic
- 1 cups chopped onions
- 3 cups chicken stock
- 3 cups cauliflower florets
- 1 cup peeled diced potato



This recipe serves six. ROSE REISMAN

garlic and onions and cook for 5 minutes or until softened.

3. Add the stock, cauliflower and potato and bring to a boil. Cover, reduce the heat to low

and simmer for 25 minutes, or until the potato is tender.

4. Transfer to food processor and purée until smooth. Add sausage and serve. ROSE REISMAN



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Cooler Mooseheads don't prevail vs. Tigres

QMJHL. Halifax shows frustration in 9-0 loss in Victoriaville



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

What was already a long bus ride home likely seemed much longer Sunday night for the Halifax Mooseheads.

After all, they had just been shut out 9-0 by the Victoriaville Tigres, their second loss of a three-game weekend on the road.

The Blainville-Boisbriand Armada edged them 2-1 on Saturday after the Moose snagged a 9-6 win over the Gatineau Olympiques on Friday night.

Samuel Blais contributed a goal and three assists, Angelo Miceli scored twice and added an assist, Yan Pavel Laplante had three helpers and Antoine Marcoux put two goals on the scoreboard for the Victoriaville Tigres on Sunday. Netminder Brandon Whitney made 33 saves for the shutout.

On Halifax's side, rookie netminder Kevin Resop turned away 26 shots and didn't stand a chance on several goals, with not much help out front at times.

Frustration really started to show when the Moose were down 6-0 in the final seconds of the middle frame, with defencemen Taylor Ford and Matt Murphy, along with forward Kelly Bent, taking part in a line brawl, with 14 penalties handed out on both sides.

Herd head coach Dominique Ducharme couldn't be



Rookie netminder Kevin Resop let in nine goals on 35 shots as the Halifax Mooseheads were shut out 9-0 by the Victoriaville Tigres on the road on Sunday evening. JEFF HARPER/METRO

Up next

The Halifax Mooseheads are back on the ice Wednesday, when they welcome the Charlottetown Islanders at the Scotiabank Centre, with puck drop at 7 p.m. They also host the Moncton Wildcats at 7 p.m. on Saturday, and then travel to Charlottetown for a 4 p.m. game Sunday.

reached Sunday night, as he was with his team on the 12-hour ride home, but seemed

satisfied with his team's efforts earlier in the weekend.

"We had many guys involved on the score sheet," he said of Friday night's 9-6 win.

Forward Phillipe Gadoury put five points on Friday's game sheet, including two goals. Timo Meier and Danny Moynihan also scored twice, while Nikolaj Ehlers, Ryan Falkenham and Morgan Nauss added singles.

Also contributing to the game sheet Friday was forward Brandon Vuic, with two assists. He was back in the

Mooseheads' lineup after sitting out five games following his Oct. 7 arrest. The 19-year-old from Hamilton, Ont., faces charges of impaired driving and consuming over the legal alcohol limit.

Vuic also scored the lone goal of the game in Saturday's 2-1 loss to the Blainville-Boisbriand Armada.

"We decided it was time for him to come back," Ducharme said. "He's playing well."

The Mooseheads now have a 5-9-1-1 record this season.

AUS hockey

Mixed results for Halifax teams

Both the Dalhousie Tigers and Saint Mary's Huskies got splits in men's hockey weekend action.

Dalhousie lost 4-2 to the UPEI Panthers on Friday in Charlottetown, but got a 6-4 win the next night in Fredericton against the St. Thomas Tommies. Mitch O'Neill had two goals in Dal's win, while Wendell Vye made 37 saves.

Saint Mary's fell 6-2 to the Moncton Aigles Blues on Friday but bounced back against the UNB Varsity Reds on Saturday with a 2-0 win. Bradley Greene had both of SMU's goals, while Anthony Peters had 39 saves for the win.

In women's hockey action, Dalhousie lost 4-1 to St. Francis Xavier on Friday, while Saint Mary's skated away from the weekend with a 7-2 win over the Mount Allison Mounties on Sunday. **METRO**

NHL

Drouin gets first goal of career

Former Halifax Mooseheads star forward Jonathan Drouin notched his first career NHL goal on Friday night.

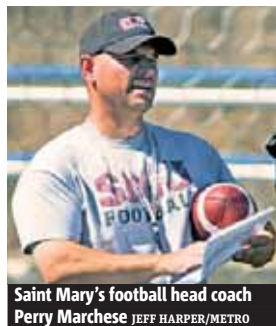
In his third regular-season game with the Tampa Bay Lightning, the 19-year-old from Dollard-des-Ormeaux, Que., scored the game's second goal in a 4-2 win over the Winnipeg Jets.

The goal came at 4:45 in the second period, when he one-timed a snap shot high into the Jets net, giving the Lightning a 2-1 lead.

It was Drouin's second point of the night, as he assisted a Steven Stamkos goal at 4:41 in the first.

METRO

AUS football. Winless Huskies 'have some things to fix': Marchese



Saint Mary's football head coach Perry Marchese JEFF HARPER/METRO

Perhaps it would have been easier for the Saint Mary's Huskies to mentally check out of their disappointing football season after seven straight losses, when their 2014 AUS playoff hopes were officially dashed.

But head coach Perry Marchese said his team did the opposite of that in Saturday's final game against the Acadia Axemen, fighting their way on the field until the fourth quarter had finished. They lost 26-17 at Huskies Stadium in Halifax.

"It's disappointing for all of us," Marchese said not just of Saturday's game, but of the entire season. "Everybody continued to work hard, but the results are obviously not what we wanted."

The Huskies got on the scoreboard Saturday on a safety early in the second half, with running back Melvin Abankwah then rushing for a 44-yard touchdown in the third quarter and a 26-yard TD run in the fourth to tie it up at 17-17.

But a touchdown and two single points gave the Axemen the win and Saint Mary's a winless season. Abankwah had 25 carries for 194 yards on the ground to lead the Huskies attack.

Abankwah played half of the season with a shoulder injury, playing "through a lot of pain," Marchese said. "He showed a ton of heart."

So did the rest of the team, he said. With several key veterans injured — including

three quarterbacks — first- and second-year players stepped up in what Marchese called "a rebuilding year" for the Huskies.

Marchese has one more season on his current four-year contract as Huskies head coach. He believes his young players gained "lots of game experience" that will help them better compete next year.

"We have some things to fix," Marchese said, but "we didn't quit."

KRISTEN LIPSCOMBE/METRO

Oscar Taveras

Cardinals rookie dies in car crash

St. Louis Cardinals outfielder Oscar Taveras died Sunday in a car accident in his native Dominican Republic.

The promising 22-year-old made his major-league debut this season and hit .239 with three homers and 22 RBIs. **THE ASSOCIATED PRESS**

WTA Finals

Serena bounces back to win tourney

Serena Williams won her third-successive WTA Finals title and fifth overall by beating Simona Halep 6-3, 6-0 on Sunday, avenging an embarrassing group-stage loss to the Romanian player.

Halep easily beat Williams just four days earlier during the group stage of the tournament, but the American

turned that around by winning 11 of the last 12 games in the championship match.

Williams joined Martina Navratilova and Steffi Graf as the only players to have won five titles in the season-ending championships.

The 33-year-old pulled out of her previous two tournaments with illness and a knee injury, yet still claimed the \$2 million first prize.

THE ASSOCIATED PRESS



Serena Williams won her third straight WTA Finals title Sunday.

JULIAN FINNEY/GETTY IMAGES

Soccer

Wambach powers U.S. women to CONCACAF title

Abby Wambach scored four goals and the World Cup-bound United States defeated Costa Rica 6-0 Sunday night for the team's fifth CONCACAF Women's Championship title. **THE ASSOCIATED PRESS**

NBA



"It feels great, especially for me because I'm

used to having 10 or 11 new players coming in every year."

DeMar DeRozan, describing the largely intact Atlantic Division champion Toronto Raptors who start their season on Wednesday when they host the Atlanta Hawks.

Bumgarner mows down Royals



Giants pitcher Madison Bumgarner acknowledges the crowd after recording a four-hit shutout over the Royals in Game 5 of the World Series on Sunday in San Francisco. The Giants lead the series 3-2. **ROB CARR/GETTY IMAGES**

World Series. Giants one win away from winning third title in five years following ace's four-hitter

With every pitch, Madison Bumgarner etched his place among the World Series greats.

The long, tall lefty kept slinging away and put the San Francisco Giants just one win from yet another championship, throwing a four-hitter to beat the Kansas City Royals 5-0 Sunday night for a 3-2 Series edge.

Hardly menacing on the mound, Bumgarner was simply untouchable — again — as "MVP! MVP!" chants broke out in the late innings.

And by the time the 25-year-old from Hickory, N.C., closed out his second win in a week, he had evoked memories of Bob Gibson, Sandy Koufax, Curt Schilling and the top October aces of all-time.

Joined them, and maybe even passed them.

Who else has gone 4-0 in

Game 5	
5	0
Giants	Royals

four World Series starts with an 0.29 ERA? Throw in only 12 hits in 31 innings, along with 27 strikeouts, and that adds up to the very definition of big-game pitcher.

On this evening, he fanned eight without a walk and never was in trouble, becoming the first pitcher to toss a World Series shutout since Josh Beckett's clinching gem for the Florida Marlins in 2003 at Yankee Stadium.

The Giants' work isn't done yet. To lock up their third crown in five years, they'll need to win in Kansas City.

Jake Peavy gets the first chance to seal it for San Francisco when he starts Game 6 at Kauffman Stadium on Tuesday night against rookie Yordano Ventura.

If the Giants don't win

then, there was always this possibility: Bumgarner out of the bullpen in Game 7.

Hunter Pence once again was in the middle of things for Giants. He singled off James Shields in the second and scored on a groundout by Brandon Crawford, who finished with three RBIs.

Later, the enigmatic Pence accidentally threw his bat past the mound while striking out, and seemed to apologize to Shields. Pence added another hit in a three-run eighth, making him 9-for-19 in the five games.

Post-season star Pablo Sandoval also singled twice. Juan Perez broke it open with a two-run double off the top of the centre-field fence in the eighth and scored on a single by Crawford. **THE ASSOCIATED PRESS**

October workhorse

47-2/3

Bumgarner has thrown 47-2/3 innings this October, trailing just Curt Schilling's 48-1/3 in 2001 for the most in a single post-season.

Bills hand error-prone Jets seventh straight loss

Ten completions, four touchdowns.

Kyle Orton didn't have to do much for the Buffalo Bills, not when the New York Jets had six turnovers — three each by Geno Smith and Michael Vick — in a 43-23 rout Sunday.

"He went out there, made his throws and threw for four touchdowns," Bills coach Doug Marrone said of Orton.

"He knew exactly what he wanted to do. When you have a veteran quarterback like that, he's going to make the right plays."

Orton tied a career high with his four TD passes, and won for the third time in four games since replacing EJ Man-

uel as the starting quarterback for the Bills (5-3).

Orton finished 10 of 17 for 238 yards, connecting with Robert Woods, Lee Smith, Scott Chandler and Sammy Watkins for scores.

Watkins had three catches for 157 yards — but was embarrassed when he was caught from behind while celebrating early on what appeared would be a long TD. Without the injured Fred Jackson and C.J. Spiller in the backfield, the Bills rushed for just 67 yards.

But Stephon Gilmore, Preston Brown, Aaron Williams and Da'Norris Searcy had interceptions for the Bills, who sent the struggling Jets (1-7) to their

Geno throws it away

"We didn't execute, and when I say 'we,' I mean myself because it was just atrocious the way I started out."

Jets quarterback Geno Smith

seventh straight loss.

"No doubt, our defence is incredible and one of the best in the league," Orton said. "Any time your defence gets six turnovers, it makes your job easier."

The Jets have lost seven in a row for the first time since 2005, in Herm Edwards' final

season as coach. Smith threw interceptions on three consecutive possessions in the first quarter and was pulled in favour of Vick, who was picked off once and lost two fumbles.

"Let me tell you," coach Rex Ryan said, "I'm getting sick and tired of the losing, that's for sure."

New York announced after the game that Smith had X-rays on his right shoulder after the game, but did not immediately announce results. The injury was not believed to have affected Smith's performance.

Ryan didn't immediately announce whether Smith or Vick would start next week at Kansas City. **THE ASSOCIATED PRESS**



Robert Woods of the Bills celebrates scoring a touchdown with teammate Mike Williams against the Jets in East Rutherford, N.J. on Sunday. The Bills capitalized on the Jets' six turnovers on their way to a dominant 43-23 win. Scan the image with your Metro News app for more NFL Sunday coverage. **ALEX GOODLETT/GETTY IMAGES**

Raptors of yesteryear ready for a replay

Playoff repeat? With a practically unchanged roster, Raps prepare for season opener

The Raptors roster is set, it has an old familiar feeling to it and as DeMar DeRozan sits and looks around the locker-room, one overwhelming feeling hits him.

"What the heck is going on around here?"

DeRozan, along with Amir

Johnson, is the team's elder statesman and longest-serving player and coming back for his sixth year with practically the entire same group as a season ago is both comforting and unusual.

"It feels great, especially for me because I'm used to having 10 or 11 new players coming in every year," DeRozan said after the team went through a light workout at the Air Canada Centre on Sunday.

There are five new players from the end of last season — Lou Williams, James Johnson,

Quoted

"One thing about it is trying to incorporate the new guys into very important roles is not easy." Raptors coach Dwane Casey

Greg Stiemsma and rookies Bruno Caboclo and Lucas Nogueira — but only Williams and Johnson will have prominent roles. To make things even a wee bit easier, Johnson has

some familiarity with the team from having been a Raptor two seasons ago.

It's created an air of stability to the roster that is welcomed by all.

"It definitely feels good, especially with the chemistry we had last year, and the success," said DeRozan.

For coach Dwane Casey, not having to acclimate a handful of new players into his system has made for a unique training camp and pre-season in his fourth season with the team.

THE CANADIAN PRESS



DeMar DeRozan takes a shot against the New York Knicks in the Raptors' last pre-season game, in Montreal on Friday. GRAHAM HUGHES/THE CANADIAN PRESS

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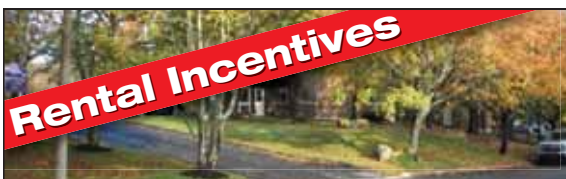
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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Half of you wants to be sociable but the other half wants to shun the limelight. Dedicate the day to meeting people and the nighttime to enjoying solitude.

♉ Taurus

April 21 - May 21

The problem you will be faced with over the next few days is really quite simple, which means the answer must be simple too. Don't complicate it.

♊ Gemini

May 22 - June 21

Neptune's negative influence is eroding your confidence and exposing you to fears that really are not warranted. Fortunately, your current negative state of mind is unlikely to last.

♋ Cancer

June 22 - July 23

If you measure success in terms of winning and losing then, inevitably, you will never be truly satisfied. Real success means being a better person today than you were yesterday.

♌ Leo

July 24 - Aug. 23

Why do you fear that if you don't act now you will never get another chance? You will always get another chance, so lighten up and live in the moment.

♍ Virgo

Aug. 24 - Sept. 23

According to the planets you need to be a bit more assertive and arrogant in your approach to life. Too often you act as if you believe you don't deserve to be the one who wins.

♎ Libra

Sept. 24 - Oct. 23

Put others' needs first over the next 24 hours. A good deed done today will come back to you several times over before the end of the year.

♏ Scorpio

Oct. 24 - Nov. 22

What happened to all those promises you made to yourself earlier in the year? You are now in the ideal position to do something about them.

♐ Sagittarius

Nov. 23 - Dec. 21

You may feel that a situation is getting out of hand but is it as bad as you fear? Probably not. Sometimes you fear the worst even when you have every reason to expect the best.

♑ Capricorn

Dec. 22 - Jan. 20

Those who oppose you will place all kinds of obstacles in your path over the next few days but you will smash through them all with ease.

♒ Aquarius

Jan. 21 - Feb. 19

Don't let money worries detract from what promises to be an excellent week. There is nothing you can do to change the situation at the moment, so put it out of your mind.

♓ Pisces

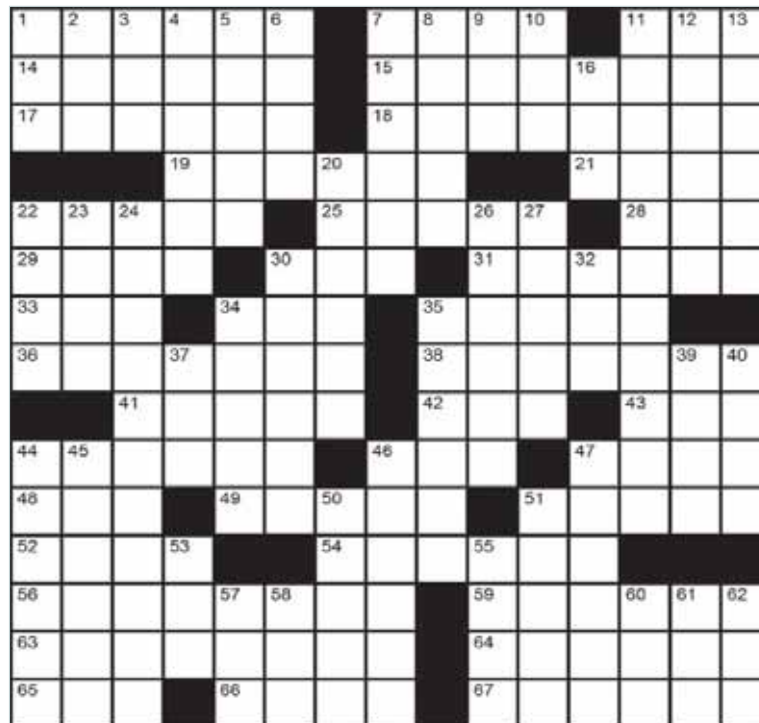
Feb. 20 - March 20

The reason you feel stuck is because you don't have a clear idea of what you are aiming for. Your first task today is to identify your goal and draw up a plan that will take you to it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Language of the Metis people
7. Catch a glimpse
11. ___-relief (Sculpture type)
14. Ms. Address of "Dr. No" (1962)
15. Alberta town
17. In a dismal manner
18. Maestro Fresh Wes smash: "Let Your ___ Slide"
19. Rally to action
21. Comparable
22. Postpone
25. Follow...
28. Arrange
29. ___ Wynne Stadium (Tiger-Cats field, formerly)
30. "Married... with Children" mom
31. Careless
33. Terrain-y prefix
34. Calendar mo.
35. Neck, slang-style
36. Zeals
38. Posh hairstyle
41. Flare
42. Cowboy's command
43. Wedding promise: 2 wds.
44. Made Figure 8s
46. Max. opposite
47. Combing problem
48. A.A. Milne play, Mr. ___ Passes By
49. English diarist, Samuel ___ (b.1633 - d.1703)
51. Greek alphabet's



'S'

52. Agents [abbr.]
54. Valcourt, QC born founder of Bombardier, Joseph-___
56. Prince Edward ___ (Atlantic Canada denizen)
59. Make do
63. Environmental

- activist Ms. Berman, born in London, ON
64. HMS ___ (Franklin Expedition ship)
65. '___' in Zed
66. Lion lairs
67. Most tricky

Down

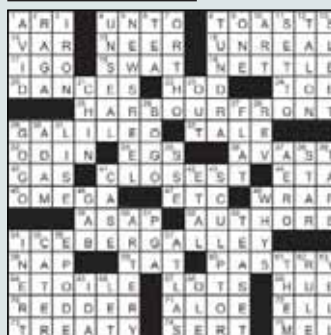
1. Coffee cup
2. Out of the ordinary,

- for short
3. CBS series, commonly
4. Toronto college/river
5. More well ...not!
6. Cardston, Alberta born actress Ms. Wray's (b.1907 - d.2004)
7. Declining

8. Department store
9. Early-'80s song: "___-Man Fever"
10. Laughter sound
11. Author's promotional event: 2 wds.
12. Pistol ___ (Country music group)
13. Surgically-inserted 'tubes'
16. Financial deg.

20. ___-weensy
22. "___ Pony" by The Beatles
23. Bryan Adams' "Have You ___ Really Loved a Woman?"
24. Grocery store's free bites: 2 wds.
26. Sea ___ (Aquatic creature)
27. Frightening
30. Event for a marching band
32. Maclean's, e.g.
34. Orange ___ (Drink)
35. Division in a group
37. Select
39. Khloe's ex Lamar
40. "___ chance!" (Never!)
44. Apply hairspray
45. 'Sound of a Woman': New album by what Calgary-born singer/songwriter?
46. Christmas resins
47. Type of bean
50. Praiseful hymn in ancient Greece
51. Canine's choleric caution
53. Maple syrup origin
55. Souls: French
57. Zzzzz... Land of ___
58. Rap Dr.
60. Pres. Lincoln
61. Mr. Van Sant of movies
62. East: French

Friday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Conceptis Sudoku

By Dave Green



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